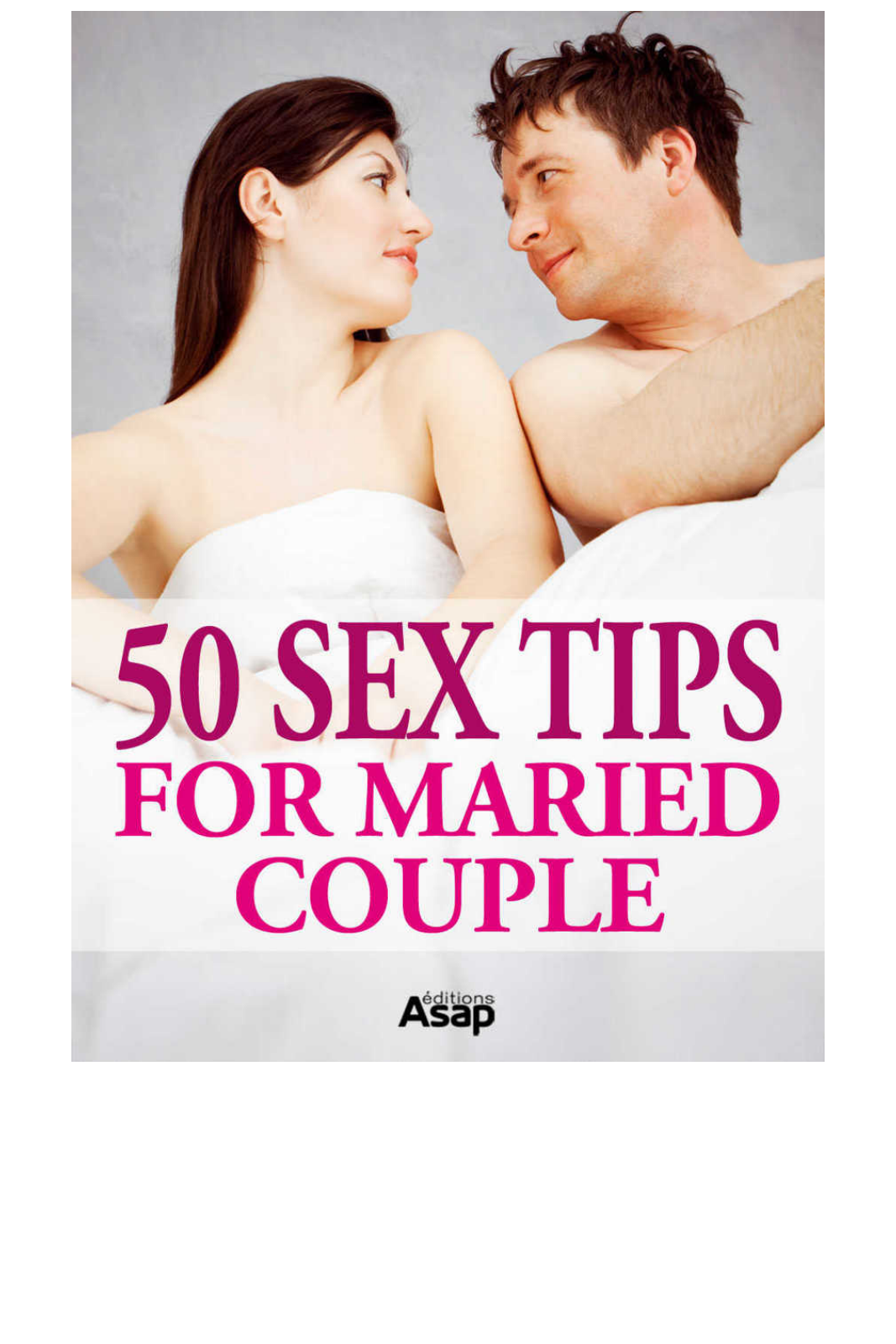




50 SEX TIPS FOR MARRIED COUPLES

éditions
Asap

A romantic couple is shown from the chest up, lying in bed and looking at each other. The woman, on the left, has long dark hair and is wearing a white strapless top. The man, on the right, has short dark hair and is shirtless. They are both smiling and looking towards each other. The background is a plain, light-colored wall. The overall mood is intimate and romantic.

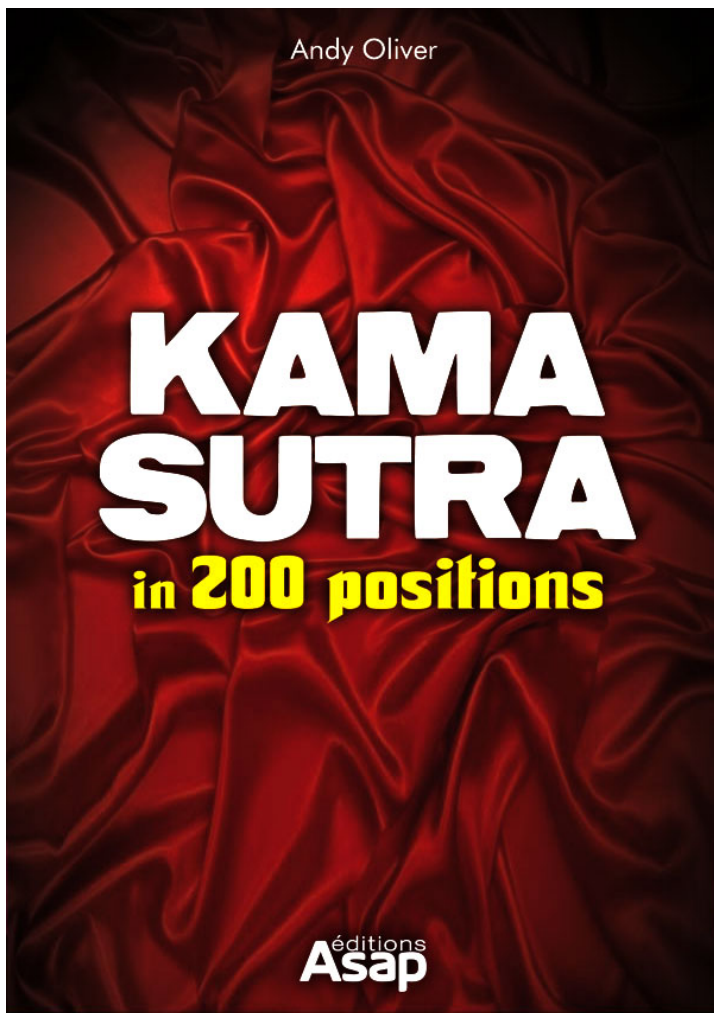
50 SEX TIPS FOR MARRIED COUPLE

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Summary

50 Sex Tips for Married Couple

- Sex toys, naughty accessories
- Positions of the KamaSutra
- Make your sexual fantasy come true
- Sexuality problems
- Sex for the "dumbs"
- Mistakes and love killers
- The erotic plus
- Orgasm and pleasure
- Preliminaries and love games
- Spicing up his sexuality
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Sex Tips for Married Couple

Sex toys, naughty accessories

Bondage: to be tied up for better love

Being tied up, tying up your lover, that is a delicious torture. Cords or satin links are a good naughty start. To go further, test a latex slip, a camisole or corset, whatever may hinder your freedom and turn you into a sexual slave. Whips and chastity belt will complete this fetishist set.

Love cuffs: choose your cuffs right

To arrest your rascal lover or to let him play the sheriff tying you up... The handcuffs are the indispensable accessory of your erotic games. But which ones may be chosen? Beware, the metallic ones are painful for the wrists and the plastic ones will not always survive your love making. Leather or fur must be chosen!

Excite her from a distance

Offer her a naughty gift, but not just anyone! Geisha balls, vibrating egg, vibrator, dildo... There is a wide choice to spice up your preliminaries. The trick on top: go for a remote control accessory. Make her vibrate more or less strongly, whenever you want, at home or in public. Hot!

Pleasure boxes....

The masturbator is the preferred sex toy for men ... it offers you a new masturbation experience. designed to imitate sexual intercourse, you just put your penis in the hole and make come and go movements. Vagina or artificial anus, fake mouth or breasts: there is something for each and everybody

A multifunction toy for men

Penis ring, ring, loving or cockring, four names for a revolutionary sex toy for men only. Its functions: strengthening erection, lengthening it to delay the orgasm and bring new sensations, especially if you choose a vibrating ring. This naughty and clever toy will also stimulate your partners. To be tested!

Positions of the KamaSutra

Mastering the art of the 69

In this so erotic moment, you will not count your pleasure... But it is all a matter of synchronisation. When reaching summits, do not neglect your lover busy to satisfy you. As for you, in this passionate upside down, also remember your partner: guide him waving sensually with the pelvis.

Being master of the missionary art

A debased position? It is up to you to spice it up! Spread your legs apart to offer yourself fully to your lover, or strongly embrace his buttocks with your legs to invite him inside. The must: in a sensual suspension, arch yourself to fit his body better and enjoy delicious brushings.... a two-fold pleasure to be offered to you secretly.

Being a master of the doggy position

As it should be, you have to lean on your forearms and not on your hands, so that your shoulders are lower than your pelvis. This famous classical movement of the kama-sutra offers your lover one of the most disturbing views and enables you to reach an unforgettable orgasm. But provided you lead the dance waving an darching as you feel fit.

Being a master of the Andromaque art

You are holding the reins of pleasure in this inverted missionary. Riding your lover, embark on a mad ride! You are in control of the situation: angle, rhythm, depth, you are the leader, he is in your hands... guaranteed orgasm! The little plus: circular hip movements will make the whole difference. To be tested.

Standing positions for mad sex!

Forget the conjugal bed, make love against a wall like a scene of a very hot film. Yes, but how? Place one hand under your lover's thigh to lift her a little and automatically bending the knees! Another idea: your partner is facing the wall and bending forward, so your hands will be free...

Being a master of the spoon art

This divine position unites gentleness and sensuality. Theoretically, imagine two spoons one in the other: cuddle against your lover's body, his chest fitting your back, his pelvis wrapping around your buttocks to be one. The tip: wave rhythmically and in perfect symmetry to reach the delicious alchemy!

A sodomy... but in which position?

According to the expression, « getting taken from behind » may put off many women. For a very gentle sodomy, avoid the doggy position and its too extreme sensations. Try the elephant position (your lover lying on her belly, you lying on top of her). The spoons also work and enable you delicious caresses.

Sex when pregnant: the pregnancy kama-sutra

A body that is changing, hot hormones, pregnancy is the time for any and all craziness. But when your round belly is an obstacle, which positions must be adopted? The doggy one, to feel in weightless conditions; the spoons, the chair, the inverted Andromaque and all those where you are turning your back to your lover, to let him satisfy you.

Make your sexual fantasy come true

SM: get hurt to feel better

Making love outdoors ... but where?

You are fantasizing about a green place to have a good shag outdoors? Start with your garden, bucolic and free of risk. To spice it up, choose a park at dusk, a field outdoors or the sea. Avoid motorway car parks - hardly sexy - the woods filled with insects and shrubs too crowded...

Making love in unexpected places....

To get away from the routine, leave the marriage bed and move to unusual paths. Where? In a cinema to take advantage of the darkness or in a fitting room for more privacy. If you like to travel, think of the train or the plane and their delicious jerks. Swimming pools, hammam and thalasso also work well, and very discreetly too.

Dress up to drive him crazy

Mischievous school girl, sexy nurse, naughty maid or authoritarian business woman: men love that and ask for more! Do you find that too much of a cliché? No need to use the whole paraphernalia to make him melt: just put on one of those costumes over enticing underwear, don't forget the very erotic tie and role playing is on.

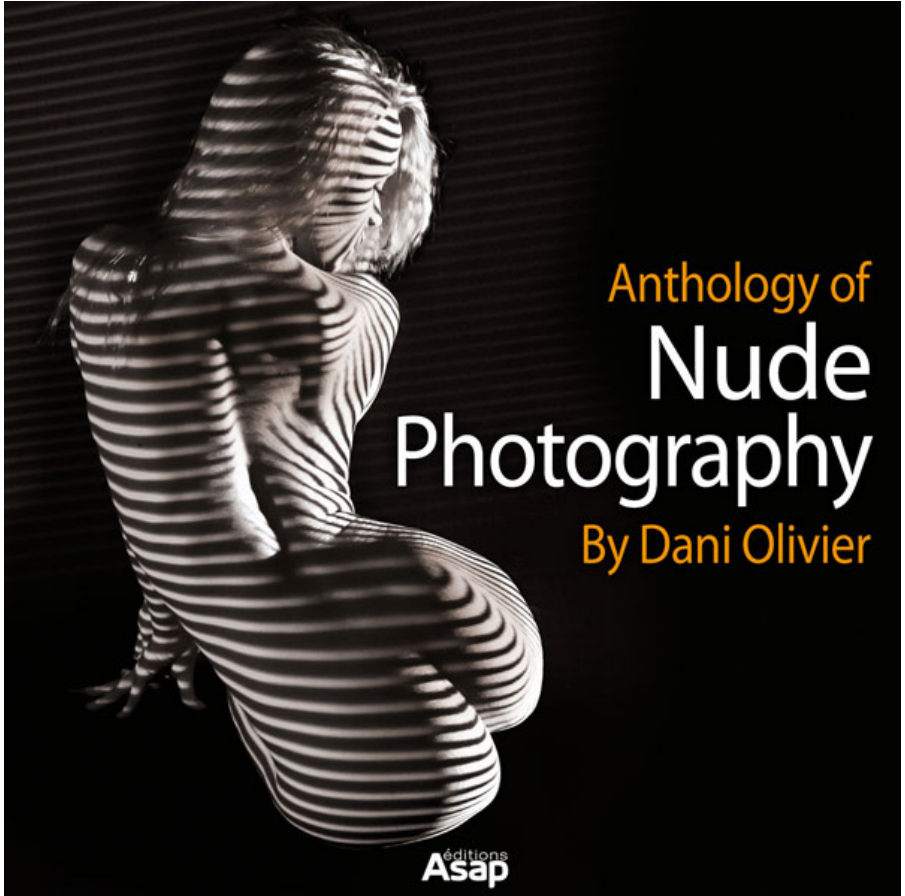
Vibrate together....

Fed up with vibrators, dildoes and other « traditional » accessories? The vibrating ring, it is THE sex toy which will enable you to discover new pleasures and enjoy it at the same time! This naughty toy is placed right on your partner, at the base of his sex in erection and vibrates when penetrating. Trying it means adopting it (often!).

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Anthology Of Nude Photography By Dani Olivier

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Sexuality problems

Premature ejaculation: Kegel's exercise

The muscles of the perineum may help you take control. Contract them for 3 seconds, relax for 6 or 7 seconds. Do 20 of them and repeat every hour. Do this exercise every day, whenever you can. After 4 to 8 weeks, you will feel the first results. Let's get started!

Premature ejaculation: anaesthetic gel

Such delaying gels enjoy an active principle, the xylocaine, which reduces the risks of prematurity. Beware, the anaesthetics do tend to numb: they are extremely efficient, but may hide the sensations. How does it work? The product, specially designed for the mucous, has to be applied right before the act itself.

Premature ejaculation: "Squeeze" method

Need a more radical solution? So as not to frustrate your lover and have love making last, take the situation in your hands! With the thumb, the index and the middle finger, compress the zone below the glans (for about 5 seconds). Result: the flow is blocked, you can breather! The plus: this technique proves efficient nine times out of ten!

Set the volume...

He loves make you enjoy and get evidence of it? Expressing your pleasure is one thing, sharing with the whole street is another. Your partner does not ask that much. Being invaded by shrill or bestial screams could stop his wishes. Idea: head in the pillow, your wailings will be muffled!

Without breathing, no orgasm!

Breathing properly enables you to relax all your muscular or nervous tension and enjoy pleasure. Breathing badly, either too jerkily or too hastily, may block enjoyment. The tip: breathe together. You get in line with your partner's breathing and you may reach orgasm together.

React when you can't!

Fatigue, stress, routine and many other factors may cause your partner's libido problems. The tip to boost him to the full: make love more often! He will make use more of the nerves and arteries which are part of the erection and there will be less failures. Advised frequency: at least twice a week!

Sex for the *dumbs*

Having a shag during your periods

It is no longer a secret, most women are hot during that period! But making love while she has her periods is not really enticing, is it? The tip: the Beppy tampon. Like a sponge without a string, it has been devised to avoid any flooding or unpleasant odour for 8 hours. No need any longer to go without for 7 days a month....

Become the queen of cybersex

In all innocence, invite your partner to come and chat by webcam. surprise! You are almost naked... In the course of the conversation, take off your lingerie. The tip: in your exchanges, make short pauses when you and your partner may mutually offer each other the pictures of your caresses. He will never ever call you a prude!

Simulating without being found out....

Who has never actually simulating enjoyment? It is not a crime to be simulating from time to time. The tip: so as not to be caught red-handed: choose your moment right. To be credible, start wailing when your partner intensifies the rhythm. and increase gradually....

Find her deep spot....

You have vaguely heard about it, but you are unable to locate it, are you? The deep spot is an erogenous zone situated at the very back of the vagina, near the cervix (impossible to mix it up with the G point, situated near the entrance). It has two very sensitive zones: the front and the back. Massage them with the tip of your finger and see the result....

Mistakes and love killers

Undress!

Hardly any chance of whetting his appetite if you look like a hairy yeti... What type of sex epilation choose to entice your male partner? If no hair at all or just a small bush are tolerated, they prefer undoubtedly the tiny tube ticket and the triangle!

Mistakes during the after

What not to say, what not to do after making love? Ask him for his name, it is too late. Be clean, it is good, but rush to the shower without a look or a cuddle for him, it is too much. The detailed debrief of your love making, keep it for your girl friends. Finally let your partner and his sensitive parts rest, he has deserved it!

Always the same scenario

Your worst enemy: routine! To make pleasure last in your couple, you will have to make an effort: 15 minutes of sweeties followed by 15 minutes of shagging on Tuesdays and Saturdays at 11 pm, that is out. Out is boredom, in comes folly. Do him anything that goes through your mind, be daring, innovate, devour, move, hi spontaneity!

Daring, those socks!

A great classic! Be warned once and for all: get rid of that horrible habit. Keeping your socks while making love is for her a love killer and that might well prevent her from enjoying it. Only exception: during this « quickie », she tolerates trousers over the hips and socks around the ankles.

Hairy Yeti or nice naked sex?

Beware, your private parts are sensitive, don't go for epilation without preparation. Forget the razor blade (too dangerous), the electric epilator (a torture!). Better go for wax (efficient but somewhat painful) or depilatory cream (not painful but may cause an allergy). Is it your first time? Go to the beauty salon!

The erotic plus

Quick sex: go for it!

Forget everything you have learnt about the various stages of a good shagging. Once from time to time, enjoy a quarter of an hour of pure sexual madness. What is the interest? The element of surprise (the place and the moment are hardly ever appropriate), transgression of what is forbidden, the urgency feeling. Grrrrrrrrrr....

Sex phone: how to use it

Titillating her at the other end of the line is easy! The softest technique: send her an SMS telling her what you want to do to her, right now. More daring: send her an MMS showing her the effect she has on you... Even hotter: on the phone, arouse pressure gradually and masturbate at the same time!

Sexcam: anti routine remedy!

Making love remotely has both advantages and inconvenients, but at least there is a difference with the everyday routine! Are you separate for a few days (or hours)? Invite your partner to switch her webcam on and come and join you on the web. And here we go for naughty games! The tip on top: try the experience in the office to play with fire....

Make him discover your "deep spot"

Better than the G point: the deep spot! If most men do not even know it exists, you will teach your partner... The deep spot is a very erogenous zone, situated at the bottom of the vagina, near the cervix; The skill or expert massage of this very sensible point generally causes very powerful orgasms. There is no harm in trying...

Discovering the tantrism

This extremely erotic discipline is said to enable you to reach new pleasures... But be careful, it requires a certain skill! To get familiar with trantrism and learn the techniques, start with an initiation stage. Professionals will offer you different workshops where they invite you to rediscover your body....

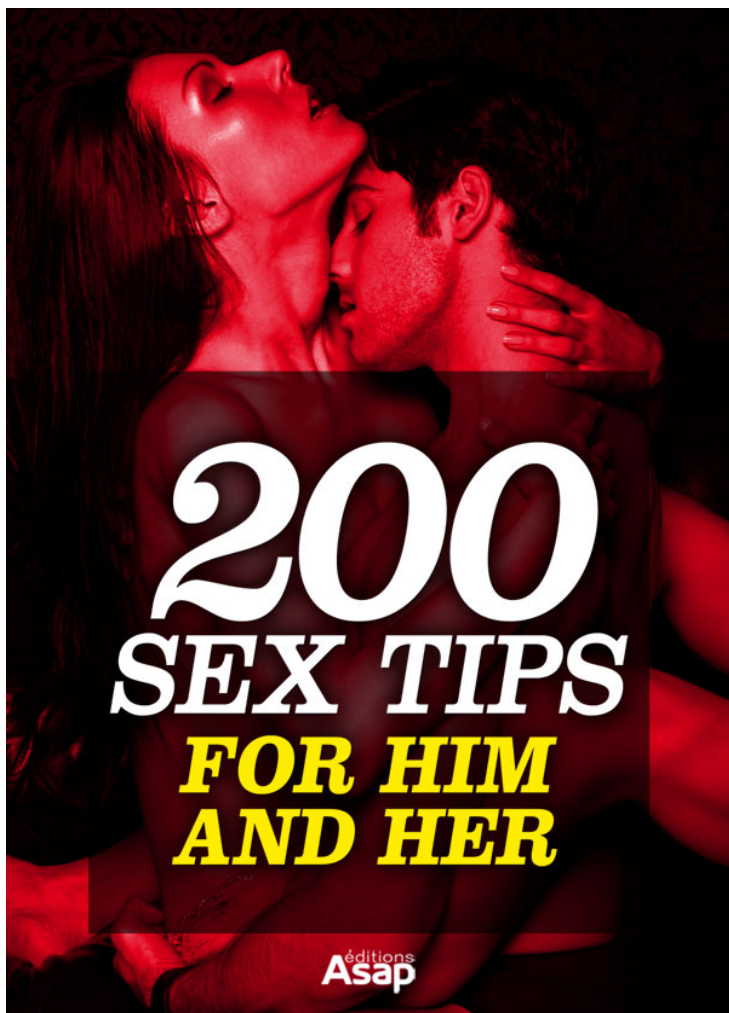
Fine lingerie, naughty lingerie

Go for laces! Erotic as much as possible, fine lingerie is part and parcel of erotic games. Exhibit your long line bra and the basque suspender belt set, you are sending him a message: « want me »! In public, make his mouth water revealing him that you are wearing nothing else beneath your trench coat...

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Orgasm and pleasure

Simultaneous orgasms: how can you do that?

Enjoying together, have you ever tested it? Not obvious if your partner is quick and you are rather slow... The tip: make him enjoy first, then carry on with the preliminaries so that he finds his energy back. He will then better control himself and make sure he reaches his peak at the same time as you do.

Sodomy: what else!

You have never dared do it, but you are not against it. Sodomy is intriguing, it is tempting, but you don't manage to do it because you are afraid of the unknown. The main reflex for a first experience without any bad surprise: be finicky about hygiene! Proceed to a wash before going for it!

Caresses which are always working

Obviously, when one says caresses, you are thinking of his penis. Yes, but not only! The tip: try a more subtle caress inside his thighs, naughtier, between his sex and his anus (the perineum), more fun, biting his ear, more sensual, breathing down his back, more animal like, scratching his back....

How can you have multiple orgasms?

Women are blessed to be able to renew their orgasms infinitely: after a first enjoyment, pleasure and excitement are not falling immediately. How can you do it to reach the nirvana several times over and over? By working on the muscles of his perineum! Therefore, do contraction and relaxing exercise every day....

Give her a vaginal orgasm

The vaginal orgasm is a complex subject... Much more than a reflex generated by penetration, it is reached through many stimulations. While penetrating her, increase your erotic caresses on other parts of the body (such as the breasts or the lips). In spite of your perseverance, she does not enjoy it? Go to the clitoris this time!

Giving her a clitoral orgasm

This tiny appendix is very sensitive to your caresses! Stimulate it gently and with any and all ways (fingers, tongue, touching the sex...): if you do it properly, it will fill with blood and will literally go into erection. Satisfied, your partner will experience a short and jerky orgasm, somewhat like the sensations of an ejaculation.

Preliminaries and love games

Strip tease: how to do it

It is all very well to want to improvise, but I would advise some preparation at least. The tips: repeat your show in front of a mirror, plan a soft light, choose the music according to your hip swaying, surprise him with fine lingerie, make sure you have a perfect epilation and... take your time to arouse his desire!

Anulingus: how make him love it?

Many women refuse to have their anus touched. Hygiene and pain are their first concerns. It is up to you to prove to your partner that this sweetie is a source of pleasure and there is nothing dirty about it. Have a shower or a bath, start with caresses then, with her consent, titillate her with the tip of your tongue!

The secrets of a sensual massage

Working wonders with your hands is not very difficult, you just need the right ideas... Put the heating up, put on a sexy dress, place his mobile on silent and here we go! Massage him by placing your hands on him all the time (even when you change zones) and touch him lightly from time to time with your lips or your hair.

Need ideas to masturbate him?

The classical technique has already been used, you want to offer him new pleasures? Think of the pillow technique. Choose a small one which may be bent in half and place his penis in the middle. another idea: masturbate it between your thighs or your breasts (after lubricating it carefully), you're sure to have shivers of pleasure!

Cunnilingus: have different approaches!

Why be boring when it can be erotic? Forget the classical position (she on her back, you lying between her legs). Option 1: put on all fours, her back against you, tell her to arch her back and kneel. Option 2: she is standing, a leg on a chair and there too, you are kneeling on the floor. Absolutely divine!

Spicing up your sexuality

The spanking art

No doubt: well performed, a small spanking can add spice to your love making. After the pain (very reasonable), the hot feeling is delicious. Beware, don't do it just anyway! The golden rule: wait till your partner has reached maximum excitation before actually spanking her. Be patient....

Cold for hot nights....

To have her shiver with pleasure, inflict delicious tortures on her. Place an ice cube on her nipples and between her thighs for a few seconds, then blow over. Immediate effect: her whole body is boiling. The tip on top: use a sweet or a minty lubricant, the sensation of heat will make her melt!

Test love in the water!

Having a shag in the water: an experience one should not miss. In a tub, you will have to gain space getting on top of one another and avoiding overflowing. In the sea, beware salt water which may cause irritation. go for the pool only if it is a private one! In your jacuzzi, increase the temperature, either alone or together!

Her pleasure first and foremost

Your ambition is that each and every nooky bit is unique, for you as well as for her, isn't it? The tip: innovate, change, experiment, dare! Once from time to time, offer her a « everything for her ». Focus on her only and warn her: tonight, you will be her servant and intend to make any and all her wishes come true.

Blindly...

Incredible how a mere scarf may increase sexual tension! Once he is blind folded, arouse all his senses gently and sensually. Noises, odours, tastes, rubbing skin against skin, your body becomes his playground. The tip on top: have him guess which parts of your body inflict him such gentle tortures....

Desire and libido

The fragrances that entice his desire...

No such thing as a subtle fragrance to make him wanting you! The essential oils in your perfume are going to act as pheromones. Applying a few drops over your body, his sexual desire will be aroused. Essential oil of rose, jasmine, geranium, cinnamon, ylang-ylang, lavender: make him tipsy for you!

Low libido: think of "light sex"!

« He always wants to do it, I don't »! Many women know this situation. But rather than saying no, why not devise a new, lighter, softer sexuality? Imagine more erotic than sexual scenarii. The feeling of his sex between your thighs may, for instance, replace penetration.

X films: it is better to share with your partner

If you are not automatically against the idea of watching a pornographic film alone, most of you prefer to do so with their partners. In a way, kill one bird with two stones. Since this activity has stimulating and exciting virtues. Role playing, new positions: take advantage of it to wake up that femme fatale in you!

Libido in the plate!

A good libido has to be kept up. Some food help you keep your sexual appetite, for a gourmande and blossoming private life. There is a long list: soya for lubrifying, ginger, oysters and any and all spices for your stimulation, root bark for more sensations, chocolate and its endorphines for more pleasure...

How can you make her wanting you?

A woman's desire is a very mysterious thing... She does not want you every morning, lunch time and evening and you feel frustrated, don't you? The solution: stop asking for her! The less demand on her, the less she will try to run away from you. Provoke her in a subtle way, make her mouth water without ever rushing her.